

NORTH LAUREL 50+CENTER

APRIL, MAY, & JUNE 2022



**9411 Whiskey Bottom Road
Laurel, MD 20723
(410) 313-0380**

Center Email

nlaurel50@
howardcountymd.gov

Monday - Friday

8:30 am - 4:30 pm

50+Center Hotline

410-313-5400

GO50+Hours

Monday—Saturday

8 am - 9 pm

Sunday 9 am - 6 pm

Newsletters Online

[https://
www.howardcountymd.gov/
aging-independence/north-
laurel-50-center](https://www.howardcountymd.gov/aging-independence/north-laurel-50-center)

Volunteer Website

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Howard County
50+ CENTERS
Enrichment. Engagement. Connection. Growth.

AARP SMART DRIVER COURSE

WEDNESDAY APRIL 27, 10am

See details inside

LAW DAY

MONDAY, MAY 2

See details inside

CANDLELIGHT CONCERT & MOTHER'S DAY LUNCHEON

FRIDAY, MAY 6, 11am

See details inside

BALTIMORE MUSEUM OF INDUSTRY

"Turning of the Century"

FRIDAY, MAY 13, 11am

Learn & Lunch - See details inside

CHRONIC DISEASE SELF-MANAGEMENT COURSE

STARTS MAY 13, 12pm

See details inside

JUNETEENTH LUNCHEON

FRIDAY, JUNE 17, 11am

See details inside

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JOIN THE SENIOR COUNCIL !

3RD TUESDAY OF THE MONTH , 1 pm

Anyone welcome! See details inside

GENERAL INFORMATION

50+ Center Staff

Lucky Sohi, Director

lsohi@howardcountymd.gov
410-313-0388

Carmen Faye, Registrar

cfaye@howardcountymd.gov
410-313-0380

Cheryl Campbell, Nutrition Specialist

chcampbell@howardcountymd.gov
410-313-0387 (Wednesdays & Fridays)

North Laurel 50+ Center Council

The council is proud to sponsor a portion of the congregate lunch program in addition to special events.

- Janice Britt
- Pam Campbell
- Kay Carter
- Susan Garber
- John Garnett
- Merrilyn Hill
- Lisa Lozier
- Jim Pendleton
- Donna Pruzenski

Upcoming Center Council Meetings:

April 19, May 17, & June 21 at 1 pm

Newsletter

Would you like your newsletter delivered to your inbox? Just click

[CONSTANT CONTACT SIGN UP](#)

or copy this link: <https://>

[visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypecIR3ULyzdUv94j\\$MSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypecIR3ULyzdUv94j$MSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D)

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected. To obtain a full list of guidelines, please request a copy at the 50+ Front Desk.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Please Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. An account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. Refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program. Refunds for classes missed during the January pause will be processed starting March 21, 2022. The administrative fee will be waived.

NOTEWORTHY

April 16 NATIONAL HEALTHCARE DECISIONS DAY

All Americans are encouraged to ensure that their future healthcare choices are known and protected. The observance reminds us that it is essential to make these decisions known, regardless of age or current health.

Visit <https://speakeasyhoward.org> or download "Maryland Advance Directive: Planning for Future Health Care Decisions" at <https://bit.ly/2MYwr4z>.

Completed directives can be uploaded to the SpeakEasy Howard website, or you can contact the Advanced Planning Coordinator at Howard County General Hospital at 443-518-6684 to have the document uploaded to your medical record.

May 2 MARYLAND LAW DAY

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at the Howard County 50+ Centers.

June 15 World Elder Awareness Abuse Day (WEAAD)

This day serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect, and exploitation. Please stay tuned for the June-2022 Project Safe/WEAAD shredding event coming soon! Visit www.howardcountymd.gov/aging for more information.



This year's theme revolves around aging in place; living independently and well in the community we call home. Stay involved and take advantage of the many ways Howard County Office on Aging and Independence supports your ability to "**Age My Way.**"

Center Closed: April 15, May 30, June 20 :: Center Closing Early on June 2 at 1 pm.

APRIL AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8 Walking Club 10 Massage 10 Zumba Gold 11 Sit, Stitch 'n Give
4 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	5 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	6 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 10:30 Plant Based Foods 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	7 8 Walking Club 10 Care Talks 10 On Our Minds* 11:30 Mat Pilates *virtual	8 8 Walking Club 10 Massage 10 Zumba Gold 11:30 AgeWell
11 8 Walking Club 9 Nutrition Consultations 11:30 Mat Pilates	12 8 Walking Club 11:15 Line Dance	13 8 Walking Club 10 Massage 10 Chair Yoga DANCE 11 Fitness Education with Malarie 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	14 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	15 CENTER CLOSED GOOD FRIDAY
18 8 Walking Club 9 Nutrition Consultations 11:30 Mat Pilates	19 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	20 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11 Nutrition Education with Carmen Roberts 11:15 Gentle Yoga 11:30 AgeWell 1 Crafting Club 1 Open Games	21 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	22 8 Walking Club 10 Massage 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell
25 8 Walking Club 9 MAP Appointments 11 Property Tax Credits w/ MAP 11:30 Mat Pilates	26 8 Walking Club 10 Ask the Officer With Bill Kreitzer 11:15 Line Dance	27 8 Walking Club 10 AARP SMART Driver Course 10 Massage 12 Computer Chat 12 Birthday Bash & Lunch 12 Computer Chat 1 Crafting Club 1 Open Games	28 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 10 Care Talks & Consultations 11:30 Mat Pilates *virtual	29 8 Walking Club 10 Massage 11 Sit, Stitch 'n Give 11:30 AgeWell

MAY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8 Walking Club 9 MAP Appointments 10 Law Day	3 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	4 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	5 8 Walking Club 10 Care Talks 10 On Our Minds* 11:30 Mat Pilates *virtual	6 8 Walking Club 10 Massage 10 Zumba Gold 11 Mother's Day Event 11 Sit, Stitch 'n Give 11:30 AgeWell
9 8 Walking Club 9 Nutrition Consultations 11:30 Mat Pilates	10 8 Walking Club 11:15 Line Dance	11 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11 Nutrition Education With Carmen Roberts 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	12 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	13 8 Walking Club 10 Massage 10 Zumba Gold 11 BMI 11:30 AgeWell 12 Chronic Disease Self Management
16 8 Walking Club 11:30 Mat Pilates	17 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	18 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 10:30 Healthy Eating on a Budget 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	19 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	20 8 Walking Club 10 Massage 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell 12 Chronic Disease Self Management
23 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates Start Senior Health & Fitness Week BINGO	24 8 Walking Club 10 Ask the Officer With Bill Kreitzer 11:15 Line Dance	25 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 12 Birthday Bash & Lunch 12 Computer Chat 1 Crafting Club 1 Open Games	26 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	27 8 Walking Club 10 Massage 11 Sit, Stitch 'n Give 11:30 AgeWell 12 Chronic Disease Self Management
30 CENTER CLOSED MEMORIAL DAY	31 8 Walking Club 11:15 Line Dance			

JUNE AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11 Nutrition Education With Carmen Roberts 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	2 8 Walking Club 10 Care Talks 10 On Our Minds* 11:30 Mat Pilates *virtual 50+ Center will be closing at 1pm	3 8 Walking Club 10 Massage 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell 12 Chronic Disease Self Management
6 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	7 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	8 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	9 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	10 8 Walking Club 10 Massage 10 Zumba Gold 11:30 AgeWell 12 Chronic Disease Self Management
13 8 Walking Club 9 Nutrition Consultations 11:30 Mat Pilates	14 8 Walking Club 11:15 Line Dance	15 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	16 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	17 8 Walking Club 10 Massage 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell 12 Juneteenth Lunch 12 Chronic Disease Self Management
20 CENTER CLOSED JUNETEENTH	21 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	22 8 Walking Club 10 Massage 10 Chair Yoga DANCE! 10:30 What are FODMAPS? 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat 1 Crafting Club 1 Open Games	23 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	24 8 Walking Club 10 Massage 11 Sit, Stitch 'n Give 11:30 AgeWell
27 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	28 8 Walking Club 10 Ask the Officer With Bill Kreitzer 11:15 Line Dance	29 8 Walking Club 10 Massage 12 Computer Chat 12 Birthday Bash & Lunch 1 Crafting Club 1 Open Games	30 8 Walking Club 10 On Our Minds* 10 Care Talks & Consultations 11:30 Mat Pilates *virtual	

ONGOING PROGRAMS

Walking Club

Monday - Friday 8 am

Meetup in the gym for a brisk walk around the indoor track - 12 laps equals 1 mile. The track is available anytime NLCC is open and there is no organized activity in the gym.

Billiards and Table Tennis

Monday - Friday 10 am to 4:30 pm

Billiards and table tennis tables available for friendly play. Check availability with the Rec & Parks Front Desk at 410-313-0390.

Computer Chat

Wednesdays, April, May, June

Between 12 pm & 4 pm

1 hour appointments

Getting hung up on ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free one-hour appointment at the 50+ Front Desk. Please bring your own device. No class on April 20.

Acoustic Jam Session

1st and 3rd Tuesdays 1 pm to 3 pm

Meet up with other local music enthusiasts to share and play your instrument of choice. All talents are welcome!

Crafting Club

Wednesdays 1 pm to 3 pm

Share ideas, connect and create easy do-it-yourself projects in an engaging environment. All crafters are welcome! Please bring your own materials.

Open Games

Wednesdays 1 pm to 3 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own or choose from those at the Center.

On Our Minds* (formerly Newstalk)

Thursdays 10 am to 11 am

An upbeat group discussing a variety of topics with a high value on consideration, mutual respect, and support. Join in the Conversation! A Seniors Together Peer Outreach facilitated group. ***This group meets virtually. For more information or the link to join, contact Karen Hull at 410-313-7466.**

Sit, Stitch 'n Give

Fridays 11 am to 2 pm

Gather to socialize and stitch projects for your personal use or for community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation.



Maryland Access Point (MAP)

Mondays, Between 9 am & 3 pm

For information and referrals for services and resources in Howard County, contact MAP Specialist, Marianne Camino, at 410-313-5953 to make an appointment at the center. Bilingual: English & Spanish

Nutrition Consultation

2nd Monday of the Month 9 am to 11 am

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session.

Fitness Counseling

4th Tuesday of the Month, 9 am to 11:30 am
\$15 per 30-minute session

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. Sign up at the 50+ Front Desk.

EVENTS AND PROGRAMS

ONGOING PROGRAMS

CARE TALKS

First Thursdays, 10 am to 12 pm

The Caregiver Support Program will be at North Laurel 50+ Center once a month for in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or

ethomas@howardcountymd.gov.

EVENTS & PROGRAMS

Nutrition Talks: Plant Based Foods

Wednesday, April 6, 10:30 am

More and more people are interested in plant based foods and diet. Come learn what is plant based nutrition, the benefits of a plant based diet, how to shop and plan meals using plant based foods. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. Join us for fun and conversation! a lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Exercise to Improve Your Numbers

Wednesday, April 13, 11 am

Join us for an educational presentation on how exercise positively impacts your blood pressure, glucose, cholesterol & organ function. Presented by Malarie Burgess. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Interpreting Routine Blood Work: What do all of those numbers mean?

Wednesday, April 20, 11 am

Join Registered Dietitian Carmen Roberts to discuss how to interpret your lab results and what they mean for your nutrition health. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

What Property Tax Credits Do You Qualify For?

Monday, April 25, 11am

Join us for a presentation to learn about Property Tax Credits and what you may qualify for. Presented by our Maryland Access Point (MAP) Specialist, Marianne Camino. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer

Tuesday, April 26, 10-11am

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

April Birthday Bash

Wednesday April 27, 12 pm

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

AARP Smart Driver Course

Wednesday, April 27, 10-2:30pm

\$20 for AARP members

\$25 for non-members

Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. Please sign up at the 50+ Center Front Desk.

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

EVENTS AND PROGRAMS

Law Day

Monday, May 2, 10– 2 pm

Take advantage of an opportunity to meet with an Attorney to prepare and Advance Directive at no charge. Name your health care agent, state your desire about life sustaining procedures and your wishes about organ donation. Please sign up at the 50+ Center Front Desk.



Mother's Day Luncheon with Iris Music Project

Friday, May 6, 11 am

Join us for an afternoon celebrating Mother's Day and sisterhood. Enjoy an interactive musical performance by the Iris Music Project, which is generously sponsored by the Candlelight Concert Society. Followed by a Mother's Day lunch. Please sign up at the 50+ Center Front Desk.

Decrease Your Risk of Cancer Through Nutrition

Wednesday, May 11, 11 am

Join Registered Dietitian Carmen Roberts for a discussion on how to eliminate harmful carcinogens from your diet. Carmen will explain how, in just a few simple steps, you can drastically lower harmful cancer-causing substances in your food and build a healthy cancer-prevention diet. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Baltimore Museum of Industry:

"Turning of the Century"

Friday, May 13, 11 am

The 19th century had been good to Baltimore, business was booming, the port, shipbuilding, needle trades and food processing were bigger than ever. Immigrants continued to arrive in the city. But disaster came early as the Great Baltimore Fire had consumed the city center. Rebuilding the city became the task of the decade. Women's suffrage, slum housing, sweatshops, racial discrimination, public health, and child labor were to be addressed. Despite the challenges, Baltimoreans enjoyed electrified amusement parks, attendance at vaudeville theaters, and neighborhood life. This is Turn of the Century Baltimore, a story of challenges, new beginnings and better living. Presented by Jack Burkert. A lunch will be available after the presentation. Please sign up at the 50+ Center Front Desk.

Chronic Disease Self-Management (CDSM)

Fridays, May 13—June 17, 12—2:30 pm

In this free, 6-week self-management program, learn skills to help you manage chronic health conditions. Each week, you will meet in a small group to discuss self-management progress. This class is recommended for those who have or are at risk for diabetes, obesity, cancer, arthritis, lung and heart disease, depression and more. Learn skills to cope with feelings of frustration, fatigue, pain and isolation. Develop skills to communicate more effectively with family, friends and health professionals. Learn exercises to maintain and improve strength, flexibility and endurance. Improve nutrition and develop healthy eating habits. *Caregivers are welcome.* A lunch will be available during the program. Please sign up at the 50+ Center Front Desk by Friday, May 6. Only 10 spots are available.

EVENTS AND PROGRAMS

SENIOR HEALTH & FITNESS WEEK BINGO **May 23—27**

Drop in to your local Howard County 50+ Center to pick up a Health & Fitness BINGO card between May 9th-20th, begin marking your card on the 23rd.

Prizes include small giveaways & raffle entry for a \$25 credit toward 50+ Center programming. Prize information included on the BINGO cards. FREE to play, must be a member of the 50+ Centers. Call 410-313-6073 for more information.

Nutrition Talks:

Healthy Eating on a Budget

Wednesday, May 18, 10:30 am

As prices increase on everything, learn how to stretch your food dollars and eat healthy. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer

Tuesday, May 24, 10-11am

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

May Birthday Bash

Wednesday May 25, 12 pm

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Improving Digestive Health

Wednesday, June 1, 11am

Join Registered Dietitian Carmen Roberts for a discussion on how nutrition can impact gastrointestinal health and improve symptoms of common digestive problems that occur with normal aging. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Juneteenth Luncheon

Friday, June 17, 11 am

Join us for a presentation and a celebratory lunch commemorating Juneteenth, the anniversary of African Americans' emancipation from enslavement and in honor the ratification of the 13th Amendment. Please sign up at the 50+ Center Front Desk

Nutrition Talks: What are FODMAPS and it is a diet I should follow?

Wednesday, June 22, 10:30 am

FODMAPS are in the press a lot and seem like the cure all for everything but is it true. This class will cover foods that fall in this diet and circumstances when to follow this diet. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer

Tuesday, June 28, 10-11am

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

June Birthday Bash

Wednesday June 29, 12 pm

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

EXERCISE AND FITNESS

Mat Pilates

Mondays & Thursdays, 11:30 am

Cost: \$115 for 22 classes

April 4—June 27

#A06457.701

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Improve your posture and your balance as you strengthen these core muscles. Mats and props are available for class or bring your own. No class May 2, 30, June 20.

Instructor: Maggie Lockhart

Line Dance

Tuesdays, 11:15 am to 12:45 pm

\$5/month - can pay for multiple months

#A06422.701, A06422.702, A06422.703

Learn popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half has more advanced sequences. A fun and interactive way to be more active. **Instructor: Linda Pohland**

Chair Yoga DANCE!

Wednesdays, 10 am to 11 am

Cost: \$76 for 12 classes

April 6—June 22

#A06414.701

Loosen and stretch muscles, reduce stress and improve circulation while building strength and balance. Each class starts with breath work and slow body warmups, then moves to accessible seated dance movements. The best part is we all move together to songs of yesteryear as well as popular songs of today.

Instructor: Lisa Rados

Gentle Yoga

Wednesdays, 11:15 am to 12:15 pm

Cost: \$76 for 12 classes

April 6—June 22

#A06415.701

Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy and concentration, clarity and overall health. Mats and props available for class or bring your own. Note new time.

Instructor: Lisa Rados

Age Well Exercise

Wednesdays and Fridays, 11:30 am

Cost: \$67 for 21 classes

April 6—June 17

#A06463.701

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are cosponsored by the Howard County General Hospital. For more information or to register, call the 50+ Front Desk. No class April 15.

Instructor: Roxanne Hartman, OTR/L, CDP



Zumba Gold

Fridays, 10 am to 11 am

Cost: \$75 for 11 classes

April 1—Jun 17 #A06411.701

A fun, Latin-inspired workout designed for the active, older adult, incorporating Zumba's contagious rhythms with a lower intensity. The class is held outdoors when there is no precipitation and temperature is above 45°F.

Instructor: Roxanne Hartman, OTR/L, CDP

Current Fitness Class Schedules available at 50+ Center Front Desk

EXERCISE AND FITNESS



Massage Therapy

Wednesdays & Fridays, 10 am to 1 pm

Experience the relaxing and stress relief benefits of massage therapy. Full body 60 and 90 minute sessions are available. This service is provided in the Health Room by Ellen Consoli, LMT. COVID safety protocols for professional LMT therapy are followed to ensure safety. Please make appointment at the 50+ Front Desk.

\$68 for 60 minutes

\$96 for 90 minutes



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the community centers at Glenwood, N. Laurel, and Ellicott City. Those needing a brush-up on how to use the exercise equipment can view a video at: [https://](https://www.youtube.com/watch?v=8KyvEPCNJZ8)

www.youtube.com/watch?v=8KyvEPCNJZ8
If you need an update on the status of your Go50+ membership or would like additional information, please call the 50+ Front Desk.

Please don't be shy!

Let Lucky, Carmen, or Cheryl know how we can better serve you—that's what we're here for!

We also have a comment box up front for your ideas!

What programs would you like to see?

Contact us — all the information is on the front cover!

Our next newsletter will be available the last week of June, and will cover the quarter of July through September.